



## CLAIMS

I claim:

1. A weighted collar, comprising:  
  
an upper surface and a lower surface joined peripherally to form a body having a central aperture and an outer periphery;  
  
wherein said body is filled with a plurality of weights; and  
  
wherein the movement of said weights is constrained by a plurality of segments in said body.
2. A weighted collar as recited in claim 1, wherein the outer periphery includes one or more radial extensions.
3. The weighted collar of claim 1, further comprising a slit creating two edges extending from said central aperture to said outer periphery; and  
  
fasteners for securing said two edges together.
4. A weighted collar as recited in claim 3, wherein the outer periphery includes one or more radial extensions.
5. A weighted collar as recited in claim 1, wherein the collar is affixed to a vest or other item of wearing apparel.
6. The weighted collar of claim 1, further comprising a slit creating two edges extending from said central aperture to said outer periphery; and  
  
wherein the collar is affixed to a vest or other item of wearing apparel.
7. A weighted collar as recited in claim 6, wherein the outer periphery includes one or more radial extensions.